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TAKE OFF THE CAPE AND SOAR PROGRAM DESCRIPTION

Presenters: Marci Moore and Pam Williams
Title: Chief Innergy Officers
Company: Innergized!
Format: Keynote, conference breakout session or 90-minute to half/full day workshop

To thrive in today's hectic, fast-paced environment, individuals are expected to put on their superhero capes and call on their super powers. No wonder so many people have earned their Ph.D. in stress (**P**ooped, **H**arried and **D**istracted). It doesn't have to be that way. Even superheroes take a break! This interactive session will help attendees learn why taking off the cape is just as important as wearing it, understand the impact of values on professional productivity and personal satisfaction, and discover practical ways to supercharge their energy.

Marci and Pam use customized and humorous audience interaction, personal stories, real-life examples and superhero themes to create an inspiring and memorable learning experience for attendees. *This session can be customized especially for women.*

Learning outcomes for session:

Following this presentation, participants will:

- ⇒ Recognize the critical importance of recovering from stressors to stay motivated and engaged.
- ⇒ Understand how incongruence between values and actions can drain energy.
- ⇒ Identify their "personal superpowers" and the importance of calling on them during times of difficulty and change.
- ⇒ Identify and create a plan to eliminate their personal and professional energy drains.
- ⇒ Create a personal action and accountability plan to supercharge their energy.

Discussion Points:

- ⇒ What would you do if you had more energy? (Interactive audience participation exercise)
- ⇒ The power of personal values
- ⇒ Your superpowers (Interactive audience participation exercise)
- ⇒ What's draining your energy? (Interactive audience participation exercise)
- ⇒ Personal Energy Inventory: adding energy boosting behaviors to your life (Interactive audience participation exercise) OR Energy Boosters Quiz (Interactive audience participation exercise)
- ⇒ Commitment to success (participants develop a personal action and accountability plan to help them maintain momentum and resilience)

Your program was "not an anti-stress message! I've always felt powerless after hearing a 'reduce your stress' lecture, but your message of how to increase energy is empowering and practical." - **Andrea Neve, Director of Marketing and Education, Tennessee Nurses Association, Nashville, Tennessee**